

Crystal Gallegos
The National HEP/CAMP Association Summer Internship
Journal
Week 7

This week, it was an amazing experience for me to be able to be at the nation's capital for the fourth of July. That morning we woke up early and finished preparing our food and snacks for our picnic. We got all packed up and went to watch the end of the parade. We were all very ecstatic to be there, but none of our excitement beat that one of Jose's. When we passed the first group of the parade, Jose started yelling excitedly while he waved his tiny U.S. flag. Another thing that the group DID NOT want to miss was the giant inflatable Scooby-Do. Even though we are all adults, secretly, there is a small child who loves cartoons in each one of us!

After the parade, we headed over to the National Mall and set up for our picnic on the steps of the Lincoln Memorial. To our disappointment, it started raining very hard. This however would not stop us. Through all of the rain, we stayed there with our umbrellas determined to have the best spot during the firework show. When the firework show finally started, I was very satisfied, and the long wait in the rain was completely worth it.

This week I also had the opportunity to lobby for a cause that I am passionate about. All of us went with Giev Kashkooli, the 2nd Vice-president of the United Farm Workers, and met with all of our congressmen and women to voice our concerns regarding an appropriations bill related to farmworkers. When I went into my Idaho congressmen's office I was feeling a little bit nervous, but I remember why I was there and who I was doing this for and the feeling of nervousness eased a little bit.

I walked into that office and I shared my story with the legislative assistant of Raul Labrador. To my surprise, it seemed like he was really listening to what I was saying. This experience made me want to use my voice more often and actually speak with my representative and his staff when something really concerns me.

For CHCI programming this week we went to Lincoln's Cottage and had programming with the American Jewish Coalition (AJC). We got to speak with other interns from the Jewish community and grew to really appreciate their culture and their traditions. We learned more about Lincoln and the type of man that he was, and that helped us build a coalition with the Jewish Community. Afterwards, I was very grateful for the AJC's invitation for us to go to a Shabbat dinner. Other than the food being delicious, I made great friends who opened my mind to another culture.

This weekend was amazing. We took a 2 am bus to New York City on Saturday. By 6:30 in the morning we were in NYC ready to start our day, and explore the city that never sleeps. We did so much fun things in the city in the short two days that we were



there. Things that range from eating some delicious calzones in the first pizza shop in NYC (Lombardi's Pizza), to walking down Wall Street and seeing the iconic Wall Street Bull. My favorite part of NYC that I would recommend to anyone is going to little Italy. It one of the most beautiful parts of the city with so much delicious food, beautiful art, and rich culture. Another thing that I enjoyed very much was the ferry ride (another one of my favorite parts of the trip). On that ferry ride, I learned a lot about the city that I did

not know before. The city is so big and there is still so much to see! I am looking forward to my next trip to NYC with much more time, and more money to spend!



Fourth of July Parade ready!



Posing for a pic by beautiful art work in Little Italy



Learning about the Jewish culture at the Shabbat dinner

